

CITY OF ZILWAUKEE 5K WALK/RUN

HOME COMING DAY

SEPTEMBER 10TH, 2016

5k Run/Walk

Runners start at 8:45am

Walkers start at 9:00am

***3.1 miles/ postrace refreshments and t-shirt will be provided**

Benefitting the Zilwaukee Community Foundation



Please join us for the first ever City of Zilwaukee 5K Walk/Run to start a fun-filled day! We look forward to seeing you there!

Parking and registration/check-in will begin at 8:15am on September 10th at the riverfront, located at the end of Johnson Street.

PLEASE COMPLETE THE FOLLOWING APPLICATION AND MAIL IT IN TO:

**ZILWAUKEE COMMUNITY FOUNDATION
C/O 5K
319 TITTABAWASSEE RD
SAGINAW, MI 48604**

CHECKS MADE OUT TO: ZILWAUKEE COMMUNITY FOUNDATION

FIRST NAME _____ LAST NAME _____

STREET ADDRESS _____

CITY _____

STATE _____ ZIP _____

DATE OF BIRTH mm/dd/yy ____/____/____

SEX (CIRCLE ONE) M F

SHIRT SIZE (CIRCLE ONE) YS YM S M L XL XXL (\$8.00)

****ENTRY FEES:**

\$20.00 POSTMARKED BEFORE AUGUST 1st

\$25.00 FOR REGISTRATION AFTER AUGUST 1st

*****PLEASE NOTE*****

NO SHIRT IS GUARANTEED FOR ENTRIES RECEIVED AFTER August 1st.

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I, _____, know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Zilwaukee 5K Walk/Run, the city of _____, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent or guardian required if under 18) _____

Date _____